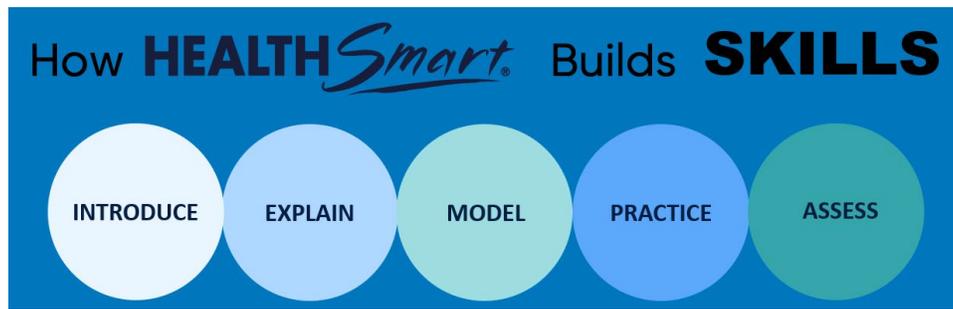


Skills-Based Lessons in *HealthSmart* High School



***HealthSmart* uses a research-based, step-by-step approach to skills development.**

First, the teacher **introduces the skill** and helps students relate it to their lives through examples. Then the teacher **explains the sequential and specific steps** for the successful performance of the skill. A very important next step is to **model the entire skill sequence** for students, going through each step and giving examples. Students then have the opportunity for **guided practice of the skill** through structured roleplays, large-group discussion or small-group work with support from the teacher. Finally, teachers can **assess** mastery as students demonstrate the skill on their own and receive feedback and reinforcement.

Unit	Lesson
Analyzing Influences	
Abstinence, Personal & Sexual Health	Lesson 11: Influences on Sexual Choices
Abstinence, Personal & Sexual Health	Lesson 12: Countering Media Pressure
Emotional & Mental Health	Lesson 11: Social Media & Emotional Health
HIV, STI & Pregnancy Prevention	Lesson 8: Influences on Sexual Choices
Nutrition & Physical Activity	Lesson 12: Analyzing Influences on Eating & Physical Activity
Nutrition & Physical Activity	Lesson 13: Influences on Body Image
Tobacco, Alcohol & Other Drug Prevention	Lesson 11: Analyzing Influences on Tobacco, Alcohol & Other Drug Use
Tobacco, Alcohol & Other Drug Prevention	Lesson 12: Countering Media Influences
Violence & Injury Prevention	Lesson 9: Factors That Contribute to Violence
Violence & Injury Prevention	Lesson 13: Preventing Hate Violence
Accessing Resources	
Abstinence, Personal & Sexual Health	Lesson 5: Researching Health Habits
Emotional & Mental Health	Lesson 17: Getting Help for Mental Health Issues
HIV, STI & Pregnancy Prevention	Lesson 10: Getting Tested for HIV, Other STIs & Pregnancy
Nutrition & Physical Activity	Lesson 4: Reading Food Labels
Nutrition & Physical Activity	Lesson 9: Finding Accurate Information
Tobacco, Alcohol & Other Drug Prevention	Lesson 3: Prescription & Over-the-Counter Drugs: Get the Facts

Skills-Based Lessons in *HealthSmart* High School

Interpersonal Communication	
Abstinence, Personal & Sexual Health	Lesson 15: Resisting Sexual Pressure
Abstinence, Personal & Sexual Health	Lesson 15: Roleplay Practice: Saying NO to Sexual Activity
Emotional & Mental Health	Lesson 7: Skills for Effective Communication
Emotional & Mental Health	Lesson 9: Ending Relationships
Emotional & Mental Health	Lesson 10: Coping with Loss & Grief
Emotional & Mental Health	Lesson 13: Skills for Conflict Resolution
Emotional & Mental Health	Lesson 16: Preventing Suicide
HIV, STI & Pregnancy Prevention	Lesson 12: Negotiating Condom Use
HIV, STI & Pregnancy Prevention	Lesson 13: Roleplay Practice: Saying NO to Unsafe Sex
Nutrition & Physical Activity	Lesson 15: Disordered Eating & Compulsive Exercising
Tobacco, Alcohol & Other Drug Prevention	Lesson 14: Saying NO to Drugs
Tobacco, Alcohol & Other Drug Prevention	Lesson 15: Resisting Drug Pressures: Roleplay Practice
Violence & Injury Prevention	Lesson 16: Preventing Suicide
Violence & Injury Prevention	Lesson 17: Understanding Sexual Exploitation
Violence & Injury Prevention	Lesson 19: Protecting Yourself
Decision Making	
Abstinence, Personal & Sexual Health	Lesson 14: Making Decisions to Support Abstinence
Tobacco, Alcohol & Other Drug Prevention	Lesson 13: Making Decisions About Drugs
Violence & Injury Prevention	Lesson 5: Making Decisions to Reduce Risk
Goal Setting	
Abstinence, Personal & Sexual Health	Lesson 6: Setting a Goal to Improve My Personal Health
Emotional & Mental Health	Lesson 14: Goal Setting for Emotional Health
Nutrition & Physical Activity	Lesson 10: Setting Healthy Eating & Physical Activity Goals
Nutrition & Physical Activity	Lesson 11: Tracking My Progress

Skills-Based Lessons in *HealthSmart* High School

Practicing Health-Enhancing Behaviors	
Abstinence, Personal & Sexual Health	Lesson 2: Preventing Infectious Disease
Emotional & Mental Health	Lesson 3: Optimism and Positive Self-Talk
Emotional & Mental Health	Lesson 5: Stress-Management Techniques
Emotional & Mental Health	Lesson 12: Managing Anger
HIV, STI & Pregnancy Prevention	Lesson 11: Using Condoms
Violence & Injury Prevention	Lesson 4: Responding to Emergencies
Violence & Injury Prevention	Lesson 6: Assessing Safety Hazards
Advocacy	
HIV, STI & Pregnancy Prevention	Lesson 2: Respecting Sexual Differences
HIV, STI & Pregnancy Prevention	Lesson 15: Advocating to Keep Friends Safe & Healthy
Nutrition & Physical Activity	Lesson 8: Staying Safe During Physical Activity
Tobacco, Alcohol & Other Drug Prevention	Lesson 16: Advocating for Being Drug Free
Violence & Injury Prevention	Lesson 7: Advocating for Safety